Cigna Care Designation

helping y O U choose doctors wisely



You have a lot to think about when choosing a specialist. You want to find quality and efficient care that helps you get healthy and stay healthy. However, this doesn't mean it has to be the most expensive care. That's why Cigna identifies the doctors in our network who excel at providing quality care at a reasonable cost. It's called the Cigna Care designation.

What is the Cigna Care designation?

It's a label Cigna gives to doctors who meet or exceed specific quality and cost efficiency standards in one of 19 specialties. By knowing which specialists excel in these areas, you can more confidently choose a doctor that's right for you.

Lower out-of-pocket costs

Under your plan, you'll pay lower out-of-pocket costs when you choose a Cigna Care designated specialist for covered services. This means what you pay (copays or coinsurance) will be even lower with a Cigna Care designated specialist than with a specialist in the Cigna network who does not have this designation.

Cigna Care Designation Specialties

Allergy/Immunology Cardiology Cardiothoracic Surgery Colon and Rectal Surgery Dermatology Endocrinology Gastroenterology **General Surgery** Hematology/Oncology Nephrology Neurology Neurosurgery Obstetrics/Gynecology Ophthalmology Orthopedics Otolaryngology/Ear, Nose & Throat (ENT) **Pulmonary Medicine** Rheumatology Urology



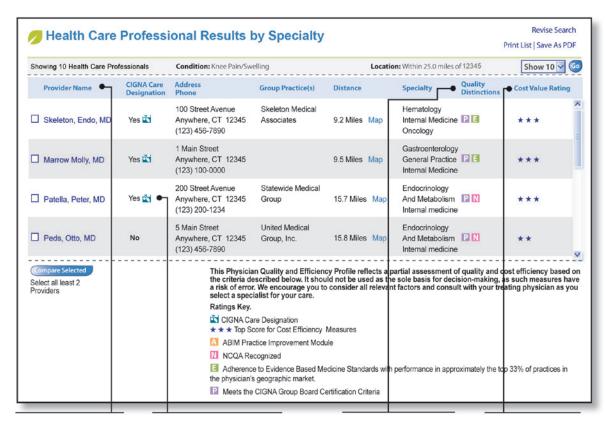
How does a specialist earn the Cigna Care designation?

We evaluate doctors through a broad review process. First, we look for the specialists in the Cigna network who have treated at least 30 Cigna customers in one of the 19 specialties. Then, we measure quality using industry-standard criteria created or approved by national health and physician organizations, including the National Council for Quality Assurance (NCQA) and the American College of Surgeons (ACS). Finally, we compare each doctor's costs to others in similar specialties. We look at everything from prescriptions to lab tests to X-rays to determine how cost-effective the treatment is.

The result is an unbiased evaluation of quality and cost. Only specialists with top results earn the Cigna Care designation.

Finding a Cigna Care designated specialist

When you use **myCigna.com** to find a specialist, your search results will show a list of doctors that meet your criteria. Cigna Care designated doctors are easily identified by a tree leaf symbol, and will appear at the top of the list. In addition to comparing doctors by quality and cost efficiency, you'll also be able to review their experience and location.



Provider NameLists local physicians treating the condition.

Cigna Care DesignationThe Cigna Tree of Life identifies specialists with the Cigna Care designation.

Quality Distinctions Provides industry-defined quality measurements.

Cost Value RatingCompares selected physicians on quality and cost.

A doctor's Cigna Care designation may change

Cigna re-evaluates health care professionals once a year, on average. Before visiting a specialist, always check **myCigna.com** to find out if your doctor is a current Cigna Care designated specialist.



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